

Student's Name/Initials

/

Date

Teacher's Initials

Date

SPORTS MEDICINE 1 STUDENT PROFILE

Course Code 5555

DIRECTIONS: Evaluate the student using the applicable rating scales below and check the appropriate box to indicate the degree of competency. The ratings 3, 2, 1, and N are not intended to represent the traditional school grading system of A, B, C, and D. The description associated with each of the ratings focuses on the level of student performance or cognition for each of the competencies listed below.

COURSE DESCRIPTION: Sports Medicine 1 emphasizes the prevention of athletic injuries, including the components of exercise science, anatomy, principles of safety, first aid, cardiopulmonary resuscitation (CPR), and vital signs. Subject matter will also include discussion of legal issues, members of the sports medicine team, nutrition, protective sports equipment, environmental safety issues, taping and wrapping, mechanisms of injury, and application of other sports medicine concepts. Students interested in healthcare careers in athletic training, physical therapy, medicine, exercise physiology, nursing, biomechanics, nutrition, psychology, and radiology will benefit from this course.

GENERAL REQUIREMENTS: The course is recommended for students in grades 10-12. Students are encouraged to have previous course work in the biological sciences and/or health science.

Credit 1 or 2 unit(s)

PERFORMANCE RATING

- 3 - Skilled--can perform task independently with no supervision
 2 - Moderately skilled--can perform task completely with limited supervision
 1 - Limitedly skilled--requires instruction and close supervision
 N - No exposure--has no experience or knowledge of this task

COGNITIVE RATING

- 3 - Knowledgeable--can apply the concept to solve problems
 2 - Moderately knowledgeable--understands the concept
 1 - Limited knowledge--requires additional instruction
 N - No exposure--has not received instruction in this area

1. Academic Foundation

Healthcare professionals will know the academic subject matter required for proficiency within their area. They will use this knowledge as needed in their role. The following accountability criteria are considered essential for students in a health science program of study.

3 2 1 N

- ___ ___ ___ 1. Define sports medicine.
 ___ ___ ___ 2. Discuss the history and development of sports medicine.
 ___ ___ ___ 3. Identify the major bones of the body.
 ___ ___ ___ 4. Identify the major muscle groups of the body.
 ___ ___ ___ 5. Describe general injury causations and/or mechanisms.
 ___ ___ ___ 6. Describe the psychological effects of injury and recovery.
 ___ ___ ___ 7. Recognize body planes, directional terms, quadrants, and cavities.

- ___ ___ ___ 8. Apply mathematical computations related to sports medicine procedures.
 ___ ___ ___ 9. Analyze diagrams, charts, graphs, and tables to interpret healthcare data.

2. Communications

Healthcare professionals will know the various methods of giving and obtaining information. They will communicate effectively, both orally and in writing.

3 2 1 N

- ___ ___ ___ 1. Demonstrate appropriate oral and written communication with:
 o coaches,
 o team physicians,
 o parents,
 o athletes,
 o school and athletic administrators, and

- o other healthcare professionals.
 ___ ___ ___ 2. Apply speaking and active listening skills.
 ___ ___ ___ 3. Use appropriate oral and written medical terminology within the scope of practice in order to interpret, transcribe, and communicate information, data, and observations.
 ___ ___ ___ 4. Use roots, prefixes, and suffixes to communicate information.
 ___ ___ ___ 5. Use medical abbreviations to communicate information.

3: Systems

Healthcare professionals will understand how their role fits into their department, their organization, and the

overall healthcare environment. They will identify how key systems affect services they perform and quality of care.

3 2 1 N

- ___ ___ ___ 1. Discuss the administrative and management role of the sports medicine team members.
- ___ ___ ___ 2. Describe a sports medicine facility setup, to include:
 - o floor plan design,
 - o facility equipment and furnishings, and
 - o functionality.
- ___ ___ ___ 3. Describe the budgeting and purchasing process for the facility.
- ___ ___ ___ 4. Describe common methods of payment for healthcare.

4: Employability Skills

Healthcare professionals will understand how employability skills enhance their employment opportunities and job satisfaction. They will demonstrate key employability skills and will maintain and upgrade skills, as needed.

3 2 1 N

- ___ ___ ___ 1. Explain potential sports medicine career paths.
- ___ ___ ___ 2. Explain the education process, credentialing requirements, employment opportunities, workplace environments, and career growth potential for sports medicine career path.
- ___ ___ ___ 3. Interact appropriately and respectfully with diverse ethnic, age, cultural, religious, and economic groups in various employment and social settings.
- ___ ___ ___ 4. Classify personal traits and attitudes desirable in a member of the sports medicine team.
- ___ ___ ___ 5. Summarize basic professional standards as they apply to hygiene, dress, language, confidentiality, and behavior (e.g., courtesy and self-introductions).

- ___ ___ ___ 6. Demonstrate professional characteristics.

5: Legal Responsibilities

Healthcare professionals will understand the legal responsibilities, limitations, and implications of their actions within the healthcare delivery setting. They will perform their duties according to regulations, policies, laws, and legislated rights of clients.

3 2 1 N

- ___ ___ ___ 1. Analyze legal responsibilities, limitations, and implications of actions.
- ___ ___ ___ 2. Explain the importance of maintaining patient confidentiality.
- ___ ___ ___ 3. Define malpractice, liability, negligence, assumption of risk, and informed consent.
- ___ ___ ___ 4. Identify behaviors and/or practices that could result in malpractice, liability, and/or negligence.
- ___ ___ ___ 5. Identify duties of sports medicine providers according to regulations, policies, laws, and legislated rights of patients.
- ___ ___ ___ 6. Contrast scope of practice between regulated healthcare professionals, students, and other individuals.
- ___ ___ ___ 7. Recognize standards for Health Insurance Portability and Accountability Act (HIPPA) and Federal Education Rights and Privacy Act (FERPA).
- ___ ___ ___ 8. Explain the laws governing harassment, labor, and employment.

6. Ethics

Healthcare professionals will understand accepted ethical practices with respect to cultural, social, and ethnic differences within the healthcare environment. They will perform quality healthcare delivery.

3 2 1 N

- ___ ___ ___ 1. Practice responsibly within the ethical framework of the sports medicine profession.
- ___ ___ ___ 2. Identify code of ethics for various sports medicine professionals.
- ___ ___ ___ 3. Differentiate between ethical and legal

issues impacting sports medicine.

- ___ ___ ___ 4. Compare personal and professional ethics.
- ___ ___ ___ 5. Recognize ethical issues and their implications related to sports medicine.

7: Safety Practices

Healthcare professionals will understand the existing and potential hazards to clients, coworkers, and self. They will prevent injury or illness through safe work practices and follow health and safety policies and procedures.

3 2 1 N

- ___ ___ ___ 1. Explain the importance of appropriate equipment maintenance, such as:
 - o player equipment and
 - o sports medicine facility modalities.
- ___ ___ ___ 2. Identify environmental risk factors associated with specific activities of the physically active.
- ___ ___ ___ 3. Practice infection control procedures.
- ___ ___ ___ 4. Apply appropriate use of standard precautions for infectious diseases as established by the Occupational Safety and Health Administration (OSHA) and Centers for Disease Control (CDC).
- ___ ___ ___ 5. Explain personal safety practices to include hygiene, sanitation, body mechanics, and ergonomics.
- ___ ___ ___ 6. Recognize and maintain a safe work environment.
- ___ ___ ___ 7. Recognize and maintain a safe and competitive practice environment for participants.
- ___ ___ ___ 8. Construct an emergency crisis plan for sports medicine setting(s).

8: Teamwork

Healthcare professionals will understand the roles and responsibilities of individual members as part of the healthcare team, including their ability to promote the delivery of quality healthcare. They will interact effectively and sensitively with all members of the healthcare team.

3 2 1 N

- ___ ___ ___ 1. Define the members of the sports medicine team.
- ___ ___ ___ 2. Define the role(s) of each member of the sports medicine team.

9: Health Maintenance Practices

Healthcare professionals will understand the fundamentals of wellness and the prevention of disease processes. They will practice prevention health behaviors among the clients.

3 2 1 N

- ___ ___ ___ 1. Describe the Food Guide Pyramid and/or basic nutrients.
- ___ ___ ___ 2. Identify and discuss nutritional concerns of the athlete, such as:
 - appropriate hydration,
 - inappropriate and appropriate diets,
 - nutritional supplements,
 - pre-game/post-game meals, and
 - weight control.
- ___ ___ ___ 3. Identify and describe eating disorders and their management.
- ___ ___ ___ 4. Describe and demonstrate physical conditioning principles.
- ___ ___ ___ 5. Apply behaviors that promote health and wellness.
- ___ ___ ___ 6. Describe significance of health screenings and examinations (pre-participation physical exams).
- ___ ___ ___ 7. Apply practices that promote prevention of disease and injury.
- ___ ___ ___ 8. Discuss complementary and alternative health practices.

10: Technical Skills

Healthcare professionals will apply technical skills required for all career specialties. They will demonstrate skills and knowledge as appropriate.

3 2 1 N

- ___ ___ ___ 1. Identify and demonstrate basic first aid skills.
- ___ ___ ___ 2. Identify and demonstrate cardiopulmonary resuscitation (CPR) and automated external defibrillator

(AED) skills.

- ___ ___ ___ 3. Observe, measure, record, and evaluate vital signs, including:
 - temperature and skin color,
 - pulse and respiration, and
 - blood pressure.
- ___ ___ ___ 4. Perform measurement of height and weight.
- ___ ___ ___ 5. Demonstrate use of the Snellen Eye Chart.
- ___ ___ ___ 6. Perform taping and wrapping skills, such as:
 - Foot, ankle, hand, wrist, fingers, and toes.
- ___ ___ ___ 7. Explain and/or perform the appropriate fitting of protective and/or supportive sports equipment.
- ___ ___ ___ 8. Describe the use of hot and cold in treating acute, sub-acute, and chronic injury.

11: Information Technology Applications

Healthcare professionals will use information technology applications required within all career specialties. They will demonstrate use as appropriate to healthcare applications.

3 2 1 N

- ___ ___ ___ 1. Describe and/or demonstrate the use of electronic injury data tracking systems.
- ___ ___ ___ 2. Obtain information through the use of the Internet.
- ___ ___ ___ 3. Use various computer applications to complete daily tasks.